

UK price guide

Browse through the different common prices of products in the UK* and compare the cost to different Middle Eastern currencies**

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	Tomato Puree	£0.45	827.05	0.39	9.87	799.79
	Vegetable Soup	£0.55	1010.83	0.48	12.06	977.52
	Green Olives 340g	£1.00	1837.88	0.87	21.93	1777.30
	Digestive Biscuit	£1.19	2187.08	1.03	26.10	2114.99
	80 Tea Bags	£1.10	2021.67	0.95	24.12	1955.03

* All prices were sourced from Tesco in August 2022

**All currency conversions taken from Google Finance on 02 August 2022

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	1.5kg Table Salt	£1.60	2940.61	1.38	35.09	2843.68
	50g Black Pepper	£1.55	2848.71	1.34	33.99	2754.82
	300g Hummus	£1.50	2756.82	1.30	32.90	2665.95
	Pint of Milk	£0.79	1451.92	0.68	17.33	1404.07
	12 Eggs	£1.95	3583.86	1.69	42.77	3465.74
	Loaf of Bread	£1.10	2021.67	0.95	24.12	1955.03
	1kg Bag of Rice	£1.35	2481.14	1.17	29.61	2399.36
	400g Tin of Tomatoes	£0.45	827.05	0.39	9.87	799.79
	6 Flatbreads	£1.20	2205.45	1.04	26.32	2132.76

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	1kg Bag Sugar	£0.65	1194.62	0.56	14.26	1155.25
	1ltr Bottle Vegetable Oil	£1.75	3216.29	1.51	38.38	3110.28
	500g Green Lentils	£1.45	2664.92	1.26	31.80	2577.09
	Greek Style Yogurt	£0.90	1654.09	0.78	19.74	1599.57
	1ltr bottle of Olive Oil	£4.30	7902.88	3.72	94.31	7642.39
	400g tin of beans	£0.60	1102.73	0.52	13.16	1066.38
	1.5kg plain flour	£0.80	1470.30	0.69	17.55	1421.84
	227g of Ground Coffee	£2.50	4594.70	2.16	54.83	4443.25

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	1kg Carrots	£0.45	827.05	0.39	9.87	799.79
	2.4kg Potatoes	£1.99	3657.38	1.72	43.64	3536.83
	1 Onion	£0.10	183.79	0.087	2.19	177.73
	1 Garlic	£0.30	551.36	0.26	6.58	533.19
	1 Lemon	£0.30	551.36	0.26	6.58	533.19
	1 Orange	£0.30	551.36	0.26	6.58	533.19
	1 Banana	£0.14	257.30	0.12	3.07	248.82
	1Apple	£0.65	1194.62	0.56	14.26	1155.25

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	20 Black Bin Bags	£2.50	4594.70	2.16	54.83	4443.25
	750ml Bleach	£0.49	900.56	0.42	10.75	870.88
	Multi-Purpose Cleaner	£0.95	1745.98	0.82	20.83	1688.44
	8 Sponges	£0.43	790.29	0.37	9.43	764.24
	5 Tea Towels	£5.00	9189.39	4.33	109.66	8886.50
	2.6kg Washing Power	£4.00	7351.51	3.46	87.73	7109.20
	4 Dish Cloths	£1.50	2756.82	1.30	32.90	2665.95
	Washing up Liquid	£0.44	808.67	0.38	9.65	782.01

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	16 Sanitary Towels	£0.95	1745.98	0.82	20.83	1688.44
	20 Tampons	£0.95	1745.98	0.82	20.83	1688.44
	350ml Shampoo or Conditioner	£0.95	1745.98	0.82	20.83	1688.44
	4 Toilet Rolls	£2.10	3859.55	1.82	46.06	3732.33
	500ml Shower Gel	£1.00	1837.88	0.87	21.93	1777.30
	4 Bars of Soap	£1.50	2756.82	1.30	32.90	2665.95
	Toothbrush	£1.00	1837.88	0.87	21.93	1777.30
	100ml Toothpaste	£0.98	1801.12	0.85	21.49	1741.75

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	500ml Baby Shampoo	£1.00	1837.88	0.87	21.93	1777.30
	60 Baby Wipes	£0.70	1286.52	0.61	15.35	1244.11
	300 Nappy Bags	£0.40	735.15	0.35	8.77	710.92
	50 Nappies Size 3	£8.00	14703.03	6.92	175.45	14218.41
	3 Baby Bottles	£25.00	45946.96	21.64	548.29	44432.52
	Steam Steriliser	£50.00	91893.93	43.28	1096.57	88865.03

* All prices were sourced from Tesco and Argos in August 2022

**All currency conversions taken from Google Finance 02 August 2022

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	Non-Spill Cup	£2.60	4778.48	2.25	57.02	4620.98
	Toddler Fork and Spoon	£3.15	5789.32	2.73	69.08	5598.50
	Weaning Bowl Spoon Set	£3.15	5789.32	2.73	69.08	5598.50
	Baby Plate	£1.50	2756.82	1.30	32.90	2665.95
	Baby Bowl	£1.50	2756.82	1.30	32.90	2665.95
	Audio Baby Monitor	£25.00	45946.96	21.64	548.29	44432.52

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** All currency conversions taken from Google finance on 02 August 2022

Rênimaya nirxa Berîtanî

Çendîn ji bo berhevên nav Berîtanya* bigere û nirxên bi diravên cudah ya Rojhilata Navîn berawird bike**

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urdunî	Lîra Tirkî	Dînara Êraqî
	Pûrîya Temate	£0.45	827.05	0.39	9.87	799.79
	Sûpa Sebze	£0.55	1010.83	0.48	12.06	977.52
	Zeytûna Kesk 340g	£1.00	1837.88	0.87	21.93	1777.30
	Biskîta Hersî	£1.19	2187.08	1.03	26.10	2114.99
	80 Kîsa Çay	£1.10	2021.67	0.95	24.12	1955.03

* Hemî nirxên hatîye wergirtin ji Tesco di Tebaxa 2022

**Hemî guhartinên diravan hatîye wergirtin ji Google Finance di 02 ê Tebaxa 2022

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urdunî	Lîra Tirkî	Dînara Êraqî
	1.5kg Xwêya Sifrê	£1.60	2940.61	1.38	35.09	2843.68
	50g Bîbera Reş	£1.55	2848.71	1.34	33.99	2754.82
	300g Humos	£1.50	2756.82	1.30	32.90	2665.95
	Pîvanek şîr	£0.79	1451.92	0.68	17.33	1404.07
	12 Hêk	£1.95	3583.86	1.69	42.77	3465.74
	Perçeyek Nan	£1.10	2021.67	0.95	24.12	1955.03
	1kg Kîsa Birinc	£1.35	2481.14	1.17	29.61	2399.36
	400g Qutîka Temate	£0.45	827.05	0.39	9.87	799.79
	6 Nanê text	£1.20	2205.45	1.04	26.32	2132.76

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urdunî	Lîra Tirkî	Dînara Êraqî
	1kg Kîsa şekir	£0.65	1194.62	0.56	14.26	1155.25
	1ltr Bitla Zeyta Riwekî	£1.75	3216.29	1.51	38.38	3110.28
	500g Nîska Kesk	£1.45	2664.92	1.26	31.80	2577.09
	Masta Cûra Yonanî	£0.90	1654.09	0.78	19.74	1599.57
	1ltr Bitla Zeyta Zeytûnê	£4.30	7902.88	3.72	94.31	7642.39
	400g Qutîka fasûliyên	£0.60	1102.73	0.52	13.16	1066.38
	Arda Sade	£0.80	1470.30	0.69	17.55	1421.84
	227g Qehweya Harawa	£2.50	4594.70	2.16	54.83	4443.25

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urdunî	Lîra Tirkî	Dînara Êraqî
	1kg Gêzer	£0.45	827.05	0.39	9.87	799.79
	2.4kg Petate	£1.99	3657.38	1.72	43.64	3536.83
	1 Pîvaz	£0.10	183.79	0.087	2.19	177.73
	1 Sîr	£0.30	551.36	0.26	6.58	533.19
	1 Lîmo	£0.30	551.36	0.26	6.58	533.19
	1 Pirteqal	£0.30	551.36	0.26	6.58	533.19
	1 Mûz	£0.14	257.30	0.12	3.07	248.82
	1Sêv	£0.65	1194.62	0.56	14.26	1155.25

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urdunî	Lîra Tirkî	Dînara Êraqî
	20 Cantaya Gilêşa Reş	£2.50	4594.70	2.16	54.83	4443.25
	750ml Spîker	£0.49	900.56	0.42	10.75	870.88
	Paqijkera Çend- Armanca	£0.95	1745.98	0.82	20.83	1688.44
	8 Lûfikê	£0.43	790.29	0.37	9.43	764.24
	5 Xewlîya Sirrîn	£5.00	9189.39	4.33	109.66	8886.50
	2.6kg Toza şûştin	£4.00	7351.51	3.46	87.73	7109.20
	4 Qumaşa Qapşûştin	£1.50	2756.82	1.30	32.90	2665.95
	Herkoyîya şûştin	£0.44	808.67	0.38	9.65	782.01

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urdunî	Lîra Tirkî	Dînara Êraqî
	16 Xewlîya Paqijî	£0.95	1745.98	0.82	20.83	1688.44
	20 Serdevik	£0.95	1745.98	0.82	20.83	1688.44
	350ml şampo an mikeyif	£0.95	1745.98	0.82	20.83	1688.44
	4 Rola Avdest	£2.10	3859.55	1.82	46.06	3732.33
	500ml Cêla Hemam	£1.00	1837.88	0.87	21.93	1777.30
	4 Qaliba Sabûn	£1.50	2756.82	1.30	32.90	2665.95
	Fırçeya Diran	£1.00	1837.88	0.87	21.93	1777.30
	100ml Merhema Diran	£0.98	1801.12	0.85	21.49	1741.75

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urdunî	Lîra Tirkî	Dînara Êraqî
	500ml şampoya Zarokan	£1.00	1837.88	0.87	21.93	1777.30
	60 Paqijkira Zarokan	£0.70	1286.52	0.61	15.35	1244.11
	300 Cantaya Daybî	£0.40	735.15	0.35	8.77	710.92
	50 Daybîya Endaze 3	£8.00	14703.03	6.92	175.45	14218.41
	3 Botla Zarokan	£25.00	45946.96	21.64	548.29	44432.52
	Strilîlayzira Helim	£50.00	91893.93	43.28	1096.57	88865.03

* Hemî nirxên hatîye wergirtin ji Tesco û Argos di Tebaxa 2022

**Hemî guhartinên diravan hatîye wergirtin ji Google Finance di 02 ê Tebaxa 2022

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dîna Urdunî	Lîra Tirkî	Dînara Êraqî
	Cama Xwarina Zarok	£2.60	4778.48	2.25	57.02	4620.98
	Çetal û Çemçika Bebik	£3.15	5789.32	2.73	69.08	5598.50
	Sêta Çemçik û Qapa Ji şîrgirtinê	£3.15	5789.32	2.73	69.08	5598.50
	Sênîya Zarok	£1.50	2756.82	1.30	32.90	2665.95
	Defira Zarok	£1.50	2756.82	1.30	32.90	2665.95
	Kontrola Dengîya Zarok	£25.00	45946.96	21.64	548.29	44432.52

* Hemî nirxên hatîye wergirtin ji Tesco di Tebaxa 2022

**Hemî guhartinên diravan hatîye wergirtin ji Google Finance di 02 ê Tebaxa 2022